



## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 1-24-12)

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### 100225 – PEARS, CANNED, BARTLETT, EXTRA LIGHT SYRUP, DICED

<b>CATEGORY</b>	<ul style="list-style-type: none"><li>Vegetables/Fruits</li></ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"><li>U.S. Grade A. Bartlett canned diced pears packed in packed in unsweetened fruit juice, extra light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.</li></ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>6/#10 cans per case. Each can contains about 106 oz (11<math>\frac{7}{8}</math> cups) diced pears and juice.</li><li>One #10 can AP yields about 66 oz (9<math>\frac{1}{2}</math> cups) drained, diced pears and provides about 38.0 <math>\frac{1}{4}</math>-cup servings drained, diced pears OR about 47.6 <math>\frac{1}{4}</math>-cup servings fruit and juice.</li><li>CN Crediting: <math>\frac{1}{4}</math> cup diced pears and juice OR <math>\frac{1}{4}</math> cup drained, diced pears provides <math>\frac{1}{4}</math> cup fruit.</li></ul>
<b>STORAGE</b>	<ul style="list-style-type: none"><li>Store unopened canned diced pears in a cool, dry place. Never put canned goods above the stove, under the sink, in a damp storage area, or any place exposed to high or low temperature extremes.</li><li>Store opened canned diced pears covered and labeled in a dated nonmetallic container under refrigeration.</li><li>Use First-In–First-Out (FIFO) storage practices to ensure use of older product first.</li></ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li><li>Use a clean and sanitized can opener.</li><li>Diced pears can be used right from the can, chilled, or at room temperature.</li></ul>

## Nutrition Information

Pears, extra light syrup or juice

	$\frac{1}{4}$ cup (62 g)	$\frac{1}{2}$ cup (124 g)
Calories	29	58
Protein	0.19 g	0.37 g
Carbohydrate	7.55 g	15.07 g
Dietary Fiber	1 g	2 g
Sugars	6.54 g	13.07 g
Total Fat	0.06 g	0.12 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.13 mg	0.25 mg
Calcium	4.5 mg	9 mg
Sodium	1 mg	2 mg
Magnesium	3 mg	6 mg
Potassium	28 mg	56 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	1.25 mg	2.5 mg
Vitamin E	0 mg	0 mg



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<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Serve canned pears chilled for breakfast, alone or over cereal. Also use in salads or gelatin as a dessert.</li><li>• Use in recipes for main dishes, breads, or in desserts such as cobblers and crisps.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li><li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li><li>• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li></ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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